

# Eton Mess

## Ingredients:

- 6 ready-made meringues
- 570ml cream
- 450g strawberries



- Cut the strawberries in half or into thick slices if they're big.
- Squash strawberries with fork
- Whip the cream until it forms soft peaks, then fold in the berries and juices.
- Crush the meringues and fold into the strawberry and cream mixture.
- Spoon the Eton mess into individual dishes.
- Decorate with extra strawberries.

